

PRIME TIME NEWS

Mountain View Senior Center

**JUNE
2010**

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

JUSTINA LINAN
NANCY HUGYIK
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING ATTENDANTS
Christan Basconcilo
Jose DeAnda
Kyle Ignaitis
Rich Stephens
Shona O'Neil
Kari Thorson

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

CROSS SUMS - Calling all Intermediate Sudoku players! If you want to learn a new twist on Sudoku join Dr. Mahipal Ghemawat as he shows you CROSS SUMS. Why learn something new? Because essential inter-neuron connections are lost unless we stimulate our brain in *different* ways. The best part about CROSS SUMS? You don't have to get the correct answers – just the attempt will work your brain in miraculous ways. Ward off dementia and join Mahipal!

Date: Thursday, June 10

Time: 1:00 p.m.

Location: Senior Center, TBA



LEARN ABOUT ALL THE FUN AND HEALTHY ACTIVITIES IN THE BAY AREA

Bay Area Older Adults is a charitable, nonprofit organization that hosts a website offering free Information about outdoors, fitness, social and cultural activities in the San Francisco Bay Area. The website was specifically designed for older adults, is easy to use and provides all the details you need to venture out with confidence. This workshop will be an interactive computer tutorial to highlight the types of information and unique features of the website so you can take advantage of all the fun and healthy activities the Bay Area has to offer. There will be plenty of time for questions and for your suggestions. Basic computer skills required.

Date: Thursday, June 17

Time: 1:00 p.m.

Location: Senior Center, Computer Lab



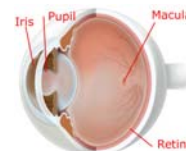
AGE RELATED MACULAR DEGENERATION/ ARMD

Everyone knows someone who has been affected by this disease but what is macular degeneration and what causes it? Would you also like to know who is at risk for it? What are the symptoms/? What is the treatment? What can be done to prevent it? Get Nutrition for the eyes & what supplements can help with ARMD. Join Dr. Allison Zaum as she answers these questions or bring your own questions!

Date: Thursday, June 24

Time: 1:00 p.m.

Location: Senior Center, TBA



WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov